

## AEROBICS/FITNESS/DANCE

### Middle Eastern Dance w/Karida (6 classes)

Burn calories, tone muscles, build stamina, increase flexibility, grace and confidence.

**Dates:** Mon., 6-7 p.m., Jan. 5-Feb. 9

**Location:** Friendship Center, Room 106/109

**Fee:** \$50R/\$53NR/\$45M (Code 9892)

### Women's Strength Training w/Bentz (Ages 18+) (8 classes)



Tone, shape and define your body, boost energy & metabolism and maintain or improve bone density. The class will maximize results and safety by focusing on proper form and technique.

**Dates:** Tues., 7-8 p.m., Jan 6-Feb. 24

**Location:** Max Fitness, 3401 N. 6th St. Harrisburg

**Fee:** \$55R/\$60NR (Code 9956)

### Learn Ballroom Dance w/Lisa (4 classes)

Class will be introduced to waltz, fox trot, rumba and swing. Stop being a wallflower and join the fun. Easy to learn — hard shoes recommended, not required.

**Dates:** Mon., 7:30-9 p.m., Jan. 12-Feb. 2

**Location:** Friendship Center, Room 106/109

**Fee:** \$64R/\$72NR/\$54M per cpl. (Code 9922)

### Ballroom Dance w/partner (10 classes)

Great chance to practice — no instruction.

**Dates:** Tues., 3-4 p.m., Jan. 6-Mar. 10

**Location:** Friendship Center, Room 118

**Fee:** \$42R/\$52NR/Free to Members! (Code 9889)

## ADULT SPORTS/LEISURE

### Headaches w/Dr. Scott LeVan (18+)

Many people suffer with headaches. Find out the most common reason people seek medical attention.



**Date:** Tuesday, January 6, 7-8 p.m.

**Location:** Friendship Center, Room 106

**Fee:** Free to public — must pre-register! (Code 9918)

### "Monavie-The Juice" Presentation

Monavie Brand products are a delicious and energizing blend of the Brazilian Acai Berry and other nutrient-dense fruits from around the world. They deliver the phytonutrients and antioxidants you need to maintain a healthy and active lifestyle. Come taste the product and hear what it can do for you.

**Date:** Wednesday, January 14, 7-8 p.m.

**Location:** Friendship Center, Room 106

**Fee:** Free to public — must pre-register! (Code 9930)

## ADULT SPORTS/LEISURE

### Financial Planning w/Waddell & Reed

A workshop that will assist you with financial advice.

**Education Funding:** Tuesday, January 27, 7-8:30 p.m. (Code 9946)

**Financial Concepts 101:** Thursday, February 12, 7-8:30 p.m. (Code 9947)

**Location:** Friendship Center, Room 112

**Fee:** \$3R/\$5NR Free to members!

### Sleep Disorders w/Dr. Homza (16+)



Sleep apnea, narcolepsy, insomnia, and sleep walking. Problems falling asleep and staying asleep? Treatment may include exercise and stretches, diet, and avoid caffeine. Why stress can bring on these problems.

**Date:** Thursday, January 15, 6-7 p.m.

**Location:** Friendship Center, Room 109

**Fee:** Free to public — must pre-register! (Code 9951)

### Photography For Beginners w/Fashion Mystique Modeling & Beauty Salon (16+) (4 classes)

Learn how to take professional looking pictures. Discover how to pose subjects and capture angles to make your subject look the best. Digital cameras suggested.

**Dates:** Weds., 6-7 p.m., Jan. 14-Feb. 4

**Location:** Friendship Center, Room 106

**Fee:** \$53R/\$56NR/\$45M (Code 9925)

### Advanced Photography w/Fashion Mystique Modeling & Beauty Salon (16+) (4 classes)

Take the next step in photography by learning how to manipulate and improve photos. Laptops and photoshop are suggested but not required.

**Dates:** Weds., 6-7 p.m., Feb. 11-Mar. 4

**Location:** Friendship Center, Room 106

**Fee:** \$53R/\$56NR/\$45M (Code 9926)

### How To Use Color in Your Home w/Barbara Tabak



Review color theory & demonstrate how to put together a color scheme based on individual color preferences. Attendees will determine their color preferences through a color quiz and a slide show featuring beautifully color-coordinated rooms.

**Date:** Thursday, January 8, 7-8 p.m.

**Location:** Friendship Center, Room 106

**Fee:** \$3R/\$5NR/Free to Members (Code 9928)

**Give the Gift of Family,  
Fun and Fitness!  
Buy a Friendship Center Gift Certificate**

## ADULT SPORTS/LEISURE

### Education Workshops w/Temple Univ.

#### College Planning Workshop w/S. Smith:

Wednesday, January 21, 6-8 p.m. (Code 9975)

#### Book Club Introduction & Discussion w/R.

**Traub:**

Wednesday, January 28 & February 11, 6-8 p.m. (Code 9976)

**Location:** Friendship Center, Room 112

**Fee:** \$3R/\$5NR/Free to Members

### Chinese Culture & Basic Conversation (18+)

This course will introduce students to Chinese culture to enhance communication between the West and the East. The class will cover topics such as festival, food, history, geography, calligraphy, business culture, greetings and common social customs.

**Dates:** Tues, 6-7 p.m., Jan. 6-Mar. 10

**Location:** Friendship Center, Conf. Room

**Fee:** \$77R/\$80NR/\$65M (Code 9971)

### Pink Ribbon Program™ Breast Cancer Program w/certified instructors (6 sessions)

A post-operative 1/2 hour workout program to enhance recovery from breast cancer surgery. For patients after surgery. Pilates based exercises will help maintain movement in the affected arm and shoulder and are a good follow-up to physical therapy. Lower body exercises are also included. Written doctors release required. One-on-one instruction.

**Dates:** By arrangement, registrants will be contacted.

**Location:** Friendship Center, Room 115

**Private:** \$150R/\$155NR/\$125M (Code 9819)

### "All You Can Eat" Weight Loss Program w/Bentz

No weighing or measuring. Heart healthy! Over 40 carb choices to eat from and 30 protein portions. Simple easy steps with 10 page booklet to help you succeed! Plus 2 consultations.

**Dates:** By appointment

**Location:** Friendship Center

**Fee:** \$70R/\$75NR/\$65M (Code 9931)

### Nutrition Response w/Dr. Page (Ages 16+)

A precise, non-invasive and scientific method of analyzing the body to determine a person's specific nutritional needs which helps to create an individualized nutritional program. Learn how deficiencies relate to organ degeneration and disease. Free screenings at end of class.

**Date:** Saturday, January 17, 9-10 a.m.

**Location:** Friendship Center, Room 109

**Fee:** Free to public — must pre-register! (Code 9952)

### Natural Health and Nutrition Seminar w/NutraMetrix, Eileen Badman

Have you ever wondered how your body systems work to keep you healthy? How can you be healthier and not catch colds? How do you keep family strong and energized? Learn what you can do to impact your health.

**Date:** Wednesday, January 7, 7-8:30 p.m.

**Location:** Friendship Center, Room 112

**Fee:** \$20R/\$23NR/\$18M (Code 9958)

### Beginner Spanish w/Bella (Ages 18+) (10 classes)

Interactive class learning four skills of reading, writing, listening and speaking.

**Dates:** Wed., 7-8 p.m., Jan. 7-Mar. 11

**Location:** Friendship Center, Conf. Room

**Fee:** \$96R/\$101NR/\$80M (Code 9932)

### Intermediate Spanish w/Bella (Ages 18+) (10 classes)

For those with some basic knowledge or prior classes.

**Dates:** Thurs., 7-8 p.m., Jan. 8-Mar. 12

**Location:** Friendship Center, Conf. Room

**Fee:** \$96R/\$101NR/\$80M (Code 9934)

### Active Adults (60+) Yoga Class (6 classes)

This class will move your whole body through a series of yoga poses - both seated & standing with the help of chair support. It's designed to increase flexibility, balance and range of movement. Breathing exercises help with relaxation and stress reduction.

**Dates:** Fri., 10:30-11:30 a.m., Jan. 9-Feb. 13

**Location:** Friendship Center, Room 118

**Fee:** \$42R/\$45NR/\$35M (Code 9953)

### Golf "The Mind" Game w/Bumble Bee Hollow (Ages 14+)

What role does the mind play? Comfort zone-how does it affect your scoring and positive thinking?

**Date:** Wednesday, January 14, 6:30-8 p.m.

**Location:** Friendship Center, Room 112

**Fee:** \$15R/\$17NR/\$12M (Code 9964)

### The Exclusive "Max Makeover" w/Bentz

Apply/interview for a spot in the 16 week program which includes, fitness/nutrition coaching, body fat testing, fitness assessment, goals, exercise prescription, nutrition plan, customized exercise DVD, nutrition book and training log.

**Date:** TBA

**Location:** Friendship Center

**Fee:** TBA (Code 9935)

## ADULT SPORTS/LEISURE (CONT.)

### Conceptual Golf: Five Concepts All Great Players Understand w/Bumble Bee Hollow (Ages 14+)

What are the concepts of the swing? How does it affect your swing? Conceptually incorrect equals incorrect golf swing.

**Date:** Wednesday, February 4, 6:30-8 p.m.

**Location:** Friendship Center, Room 112

**Fee:** \$15R/\$17NR/\$12M (Code 9972)



### Flexibility & Golf w/Bumble Bee Hollow (Ages 14+)

Discover new exercises that may help improve your games. Proper flexibility could be the key.

**Date:** Wednesday, February 25, 6:30-7:30 p.m.

**Location:** Friendship Center, Room 112

**Fee:** \$15R/\$17NR/\$12M (Code 9974)



### Advanced Billiard Fundamentals "Pool School" (Ages 16+) (6 classes)

Topics will include stroke mechanics, cue ball control, aiming systems and more. BCA video stroke analysis and training drills give you the tools you need to play top level pool.

**Date:** Sats., 9-11 a.m., Jan. 10-Feb. 14

**Location:** Friendship Center, Social Hall

**Fee:** \$65R/\$70NR/\$55M (Code 9957)

### Pick-Up Volleyball (Ages 18+) (10 weeks)

Informal play. No organized teams permitted.

Must Pre-Register! Limited space. Coed.

**Dates:** Wed., 7-9 p.m., Jan. 7-Mar. 11 (Code 9811)

-OR- Sat., 9:45-11:15 a.m., Jan. 10-Mar. 14

(Code 9812)

-OR- Mon., 7:45-9:45 p.m., Jan. 5-Mar. 9 (Code 9813)

**Location:** Friendship Center, Gym #2/#3

**Fee:** \$57R/\$62NR/Free to members!

### Fitness Assessment w/Wellness Coach

Help set your goals by having assessment done-included are heart rate, body fat %, step, flex, push-up and 1/2 sit up tests.

**Dates:** TBA

**Location:** Friendship Center

**Fee:** \$15R/\$18NR/\$12M (Code 9818)

### Adult Men Open-Rec Basketball (18+) (10 weeks)

Pick-up program for fun/exercise. Call own fouls. Must pre-register! Space is limited.

**Dates:** Thurs., 7-9 p.m., Jan. 8-Mar. 12 (Code 9796)

-OR- Sat., 8-9:30 a.m., Jan. 10-Mar. 14 (Code 9797)

**Location:** Friendship Center, Gym #2/#3

**Fee:** \$57R/\$62NR/Free to Members!

## ADULT ARTS & CRAFTS

### Painting: Oil or Acrylic w/John (10 classes)

For those with wide range of experience. Involves glazing methods, impressionist/realist technique and some drawing. Request supply list.

**Dates:** Tues., 6:30-8:30 p.m., Jan. 6-Mar. 10

**Location:** Friendship Center, Room 109

**Fee:** \$75R/\$80NR/\$63M (Code 9948)

### Power Layout Scrapbooking w/Michele

Start an album — but never finished? This class will help you complete an album quickly. Includes Power Layout Box. Bring 75-100 photos. Paper and embellishments available for purchase or bring your own.

**Deadline to register is January 12.**

**Date:** Thursday, 6-9:30 p.m., January 15

**Location:** Friendship Center, Room 106

**Fee:** \$44R/\$46NR/\$40M (Code 9963)

### Digital Scrapbooking w/Michele

Learn how to get started making your own digital scrapbook. Laptops suggested, not required, as well as digital photos (30-60) for album. **Registration deadline is January 3.**

**Date:** Tuesday, 7-9 p.m., January 6

**Location:** Friendship Center, Conf. Room

**Fee:** \$11R/\$14NR/\$8M (Code 9962)



Interested in Masters  
Swimming?  
See Page 18!